

# ADSGC NEWS



Alcohol & Drug Services of Gallatin County Newsletter

January 2016



## Features

- *Letter to Teachers From the National Institute Drug Abuse Director*
- *Family Checkup-Positive Parenting Prevents Drug Abuse*
- *ADSGC Workshops for Parents, Grandparents, and Guardians*

**January 25—31, 2016**

National Drug & Alcohol Facts Week links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, TV, movies, music, or from friends.

About a third of high school seniors report using an illicit drug sometime in the past year; about 5 percent of seniors report nonmedical use of potentially addictive prescription pain relievers; and more than 20 percent report smoking marijuana in the past month.

Many teens are not aware of the risks to their health, to their success in school and the dangers while driving under the influence. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

**Learn More>** <http://teens.drugabuse.gov/national-drug-alcohol-facts-week>



Dear Teacher,

NIDA's annual Drugs & Alcohol Chat Day is an extraordinary event that is a substantial learning opportunity for you and your students.

Each year during National Drug & Alcohol Facts Week, top scientists from the National Institute on Drug Abuse come together for a day-long live online chat to answer your students' questions about drugs and their impact on the teen brain and body. We have seen thousands of students ask smart, heartfelt, and insightful questions to some of our Nation's experts about drugs, drug use, and its effects on the brain and body.

Drugs & Alcohol Chat Day is an ideal project for students to get the facts about drugs. We encourage students to ask what is truly on their mind, which is why the format is anonymous. In return, we pledge to provide the scientific facts, not lectures or judgment.

Whether you are registered to participate in the live chat, watching it online, or viewing the archived transcripts, this exercise of seeing real teens' questions about drugs can be a powerful way to help your students gain the knowledge required to make smart and healthy decisions.

Thank you for your dedication to SHATTERING THE MYTHS about drug abuse!

Sincerely,

*Nora D. Volkow, M.D.*

*Director*

*National Institute on Drug Abuse*

**Read More>** <http://teens.drugabuse.gov/national-drug-facts-week/chat-with-scientists>



### Could your kids be at risk for substance abuse?

Families strive to find the best ways to raise their children to live happy, healthy, and productive lives. Parents are often concerned about whether their children will start or are already using drugs such as tobacco, alcohol, marijuana, and others, including the abuse of prescription drugs.

Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs.

**Good communication** between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

**Encouragement** is key to building confidence and a strong sense of self and helps parents to promote cooperation and reduce conflict. Many successful people remember the encouragement of a parent, teacher, or other adult.

**Negotiation**...Negotiating solutions offers parents a way to work together to solve problems, make changes, promote and improve cooperation, and teach youth how to focus on solutions rather than problems, think through possible outcomes of behavior, and develop communication skills.

**Setting limits** helps parents teach self-control and responsibility, show caring, and provide safe boundaries. It also provides youth with guidelines and teaches them the importance of following rules.

**Supervision** is the centerpiece of effective parenting during childhood. When youth begin to spend more and more time away from home, monitoring their behavior and whereabouts is challenging. Supervision helps parents recognize developing problems, promote safety, and stay involved.

**Knowing Your Child's Friends**...Childhood is a period of major growth and change. Youth tend to be uncertain about themselves and how they "fit in," and at times they can feel overwhelmed by a need to please and impress their friends. These feelings can leave children open to peer pressure. Knowing your child's friends and peers helps parents improve communication, reduce conflict, and teach responsibility.

**Read More>** <http://www.drugabuse.gov/family-checkup>



## ***How to Talk With Kids About Alcohol, Drugs, & Other Important Things***

*If you could do one thing that would help your child succeed in school,  
live a healthier life, and develop to his or her fullest potential, would you do it?*



**FREE Workshops for Parents, Grandparents & Guardians**

Every 3rd Monday of the month

from 6:30 to 8:30 pm

Door Prizes!

Alcohol & Drug Services of Gallatin County

2310 N. 7th Avenue

Bozeman, Montana 59715

Please Contact Jennifer Pazera to Learn More & Enroll

406.586.5908